

Mindful Parenting Strategies

April 25, 2018 7 - 9 p.m.

Mississauga Living Arts Centre
Bank of Montreal Room
4141 Living Arts Drive, Mississauga

Free event. Pre-registration required.

The basis of mindful parenting strategies is mindfulness, which is a form of meditation that has been practiced for centuries. More recently, mindfulness has been used as an evidence based treatment for mental health and chronic illnesses. Mindful parenting involves tuning into and feeling compassion and empathy for your own emotions and those of your child. Mindful parenting strategies teaches skills and nurtures connections in our children's brains that will help them regulate their thoughts and behaviours.

Workshop objectives:

- appreciate the value of a mindful approach to parenting
- learn how to help your child to do their best in the moment
- make the most of opportunities to connect with your child

Anne Luu, M.Sc. **Presenter**

Ms. Luu is currently completing her Ph.D. in Clinical Psychology with a forensic concentration. She has over 8 years of clinical experience in the treatment and assessments of children, adolescents, adults, and families. Ms. Luu maintains a specialized focus in the treatment of anxiety and trauma. She has facilitated individual and group programmes for anxiety, social skills, and parenting in community, outpatient, and private settings.



Andrea Porter, Ph.D., C. Psych. **Presenter**

Dr. Porter has over 25 years' experience providing mental health services to infants, children, and adolescents, and their families. She has a strong background in the assessment of developmental concerns, learning disabilities/differences, and personality concerns which affect socio-emotional well-being and daily functioning. As a consultant and clinical supervisor, Dr. Porter is continually inspired by her early career peers and colleagues.



Pre-register for This Event

Seating is limited. Although there is no charge for admission, pre-registration is required.

TICKETS: <https://www.eventbrite.ca/e/mindful-parenting-strategies-tickets-43837426924>

Please note childcare is not provided for this event

Please call FVB's Mississauga office at 833-fvb-psyc (382-7792) to register. For further information about FVB, visit www.fvb.ca.

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